

$$Power\ Dissipated = P_{in} - P_{out}$$

$$P_{in} = V_{in} * I_{in}$$

$$P_{out} = V_{out} * I_{out}$$

$$Power\ Dissipated = (V_{in} * I_{in}) - (V_{out} * I_{out})$$

$$Power\ Dissipated = (7.64V * 206\ mA) - (5.016\ V * 200\ mA) = 570.64\ mW$$